

Aromatherapy in the PACU

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Introduction

- ❖ Post-operative nausea and vomiting (PONV) is one of the most common and distressing anesthesia related complications after surgery.
- ❖ Of the patients that experience PONV, 30% of patients experience vomiting while 50% experience nausea. High risk patients may have rates up to 80% (Odom-Forren, 2018).
- ❖ Patients need alternatives to the pharmacological interventions already provided.
- ❖ Aromatherapy inhalers with ginger, lavender, spearmint, and peppermint are a complementary, homeopathic, and a non-pharmacological option.
- ❖ Benefits of aromatherapy include reducing pain, eliminating/managing headaches, providing allergy relief, and anti-emetic properties (Stoicea, N., et. al., 2015).

Identification of the problem

- ❖ PONV can lead to post-surgical complications and cause a delay in patient recovery.
- ❖ When patients are involved in their care, there is an increase in compliance of medical care, it increases their mental well-being, improves patient compliance with post-operative care, patient outcomes, and promotes recuperation.

EBP Question / Purpose

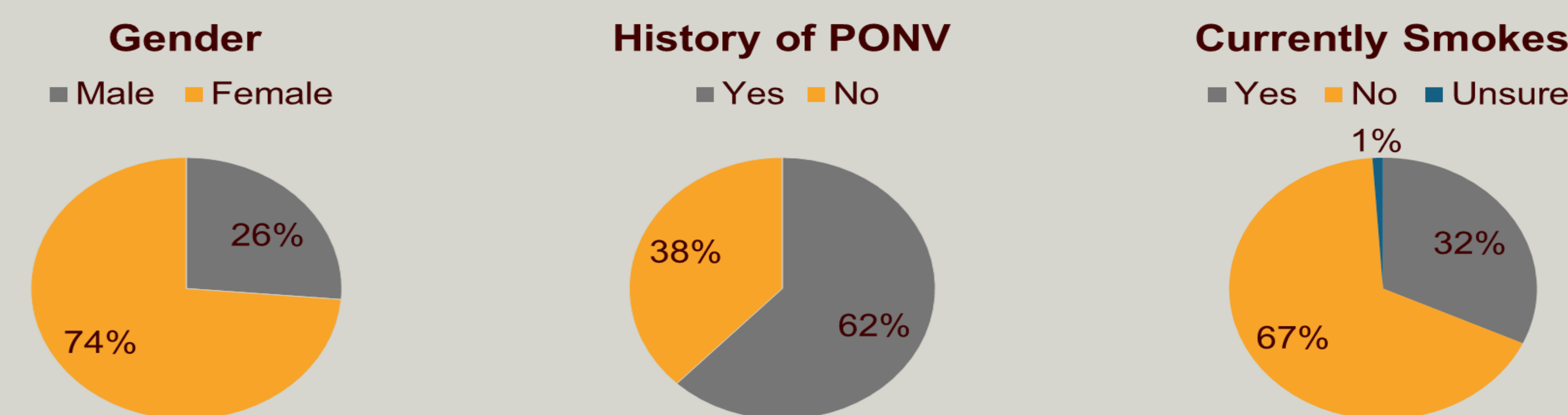
- ❖ The purpose of this study is to determine if the use of aromatherapy will reduce the incidence of PONV in patients post-operatively.

Methods/Evidence

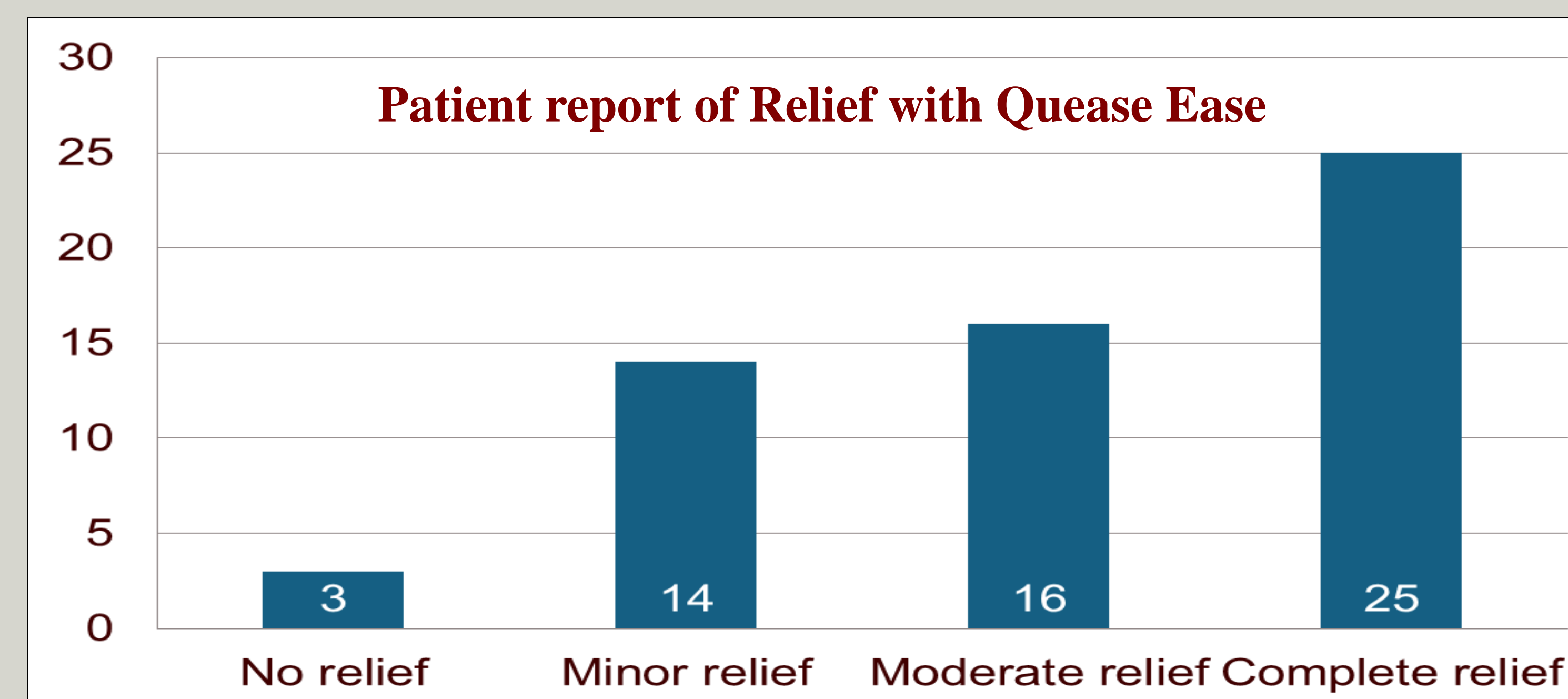
- ❖ Patients were asked if they would like to try an aromatherapy inhaler for potential PONV.
- ❖ The aromatherapy inhaler was then proactively dispensed to patients with on set of any nausea and/or vomiting (N/V) as a first line intervention.
- ❖ The PACU nurse completed the questionnaire and placed it in the designated locations. If the aromatherapy inhaler did not offer complete nausea relief, antiemetics were administered as ordered.

Findings/Outcomes

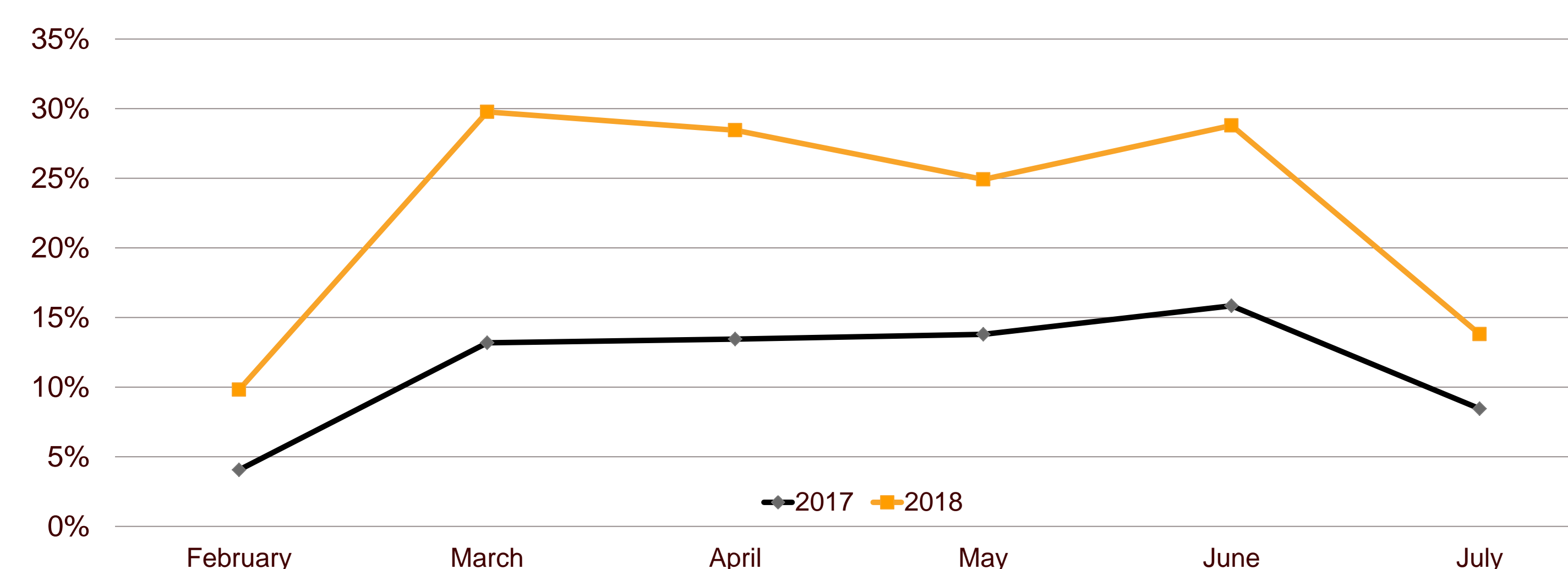
- ❖ 96 patients participated in this EBP project



- Mean age of participants: 49.4 ± 14.5 (range 18-85)
- ❖ 62 (64.6%) received aromatherapy for PONV.
 - 57 patients (91.9%) received the aromatherapy inhaler as a first line intervention.
 - The majority of patients who received aromatherapy found it beneficial, with 71% (n=58) reporting either moderate or complete relief from PONV.
 - Of patients who responded, N (90.2%) felt Quease Ease was beneficial.
- ❖ The vast majority reported minor to complete relief, while only 3 had no relief.



Anti-Emetics Administered in PACU



Implications for Perianesthesia nurses and future research:

- ❖ Aromatherapy is a branch of herbal medicine, in which the essential oils are absorbed into the body, resulting in strong physiologic, emotional, and psychologic reactions that are considered beneficial.
- ❖ Using non-pharmacologic treatment such as an aromatherapy inhaler reduces the patient's exposure to possible side effects they may endure from IV/IM medications administered and increase their satisfaction with their post-operative care.



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